



# Allergy Menu - Autumn Winter 2023

## NGCI & Milk Free

# Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Chicken &amp; Veg Meatball Marinara</b> Pasta Mixed Salad  751020	<b>Mild Chicken Curry</b> Wholegrain Rice Green Beans	<b>Roast Sausages</b> Roasties Broccoli, Gravy  750687	<b>BBQ Drizzle Pizza</b> Wedges Peas  750850	<b>Fish Fingers</b> Chips Baked Beans  468711
Option 2	<b>Sweet Chilli Vegetable Stir Fry</b> Wholegrain Rice Mixed Salad	<b>Creamy Broccoli &amp; Cheese Pasta Bake</b> Green Beans  751048	<b>Vegan Sausage Roll</b> Roasties Broccoli, Gravy  752054	<b>Tarka Dhal</b> Wholegrain Rice Sweetcorn  750977	<b>Margherita Pizza</b> Chips Baked Beans  751079
Jacket Potatoes	<b>Crispy Skin Jacket Potatoes</b>				
The Finale	<b>Ginger Cookie</b>  468725	<b>Jelly &amp; Fruit</b>  457487	<b>Tropical Pineapple Crumble</b>  750695	<b>Orange Cookie</b>  750706	<b>Custard</b>  751120

Please ensure dishes in this menu are created using the relevant recipe book for this allergy diet. Any dishes above without a dish number are the same as the core menu recipes



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### Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>All Day Breakfast</b> 750802	<b>Margherita Pizza</b> Potato Wedges Green Salad	<b>Minced Beef &amp; Onion Pie</b> Mash, Carrots, Gravy 751028	<b>Chicken Chow Mein</b> Rice Sweetcorn 750865	<b>Fish Fingers</b> Chips Baked Beans 468711
Option 2	<b>Veggie All Day Breakfast</b> 751171		751108	<b>Veggie Cottage Pie</b> Green Beans 750989	<b>Mexican Bean Wrap</b> Wedges Peas 751009
Jacket Potatoes	<b>Crispy Skin Jacket Potato</b>				
The Finale	<b>Jelly &amp; Fruit</b> 457487	<b>Jammy Crumble Bars</b> 750936	<b>Apple Crumble</b> 750745	<b>Orange Jelly</b>	<b>Custard</b> 751120

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### Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	<b>Hot Dog</b> Potato Wedges Green Beans  751016	<b>Tomato &amp; Roasted Veg Wholegrain Pasta Bake</b> Broccoli  751154	<b>Roast Gammon</b> Roasties Carrots, Gravy	<b>Veggie Supreme Pizza</b> Baked Wedges Peas  751163	<b>Fish Fingers</b> Chips Baked Beans  468711
Option 2	<b>Veggie Lentil &amp; Onion Pie</b> Roasties Carrots, Gravy  751013	<b>Veggie Korma</b> Wholegrain Rice Broccoli  724120	<b>Baked Macaroni Cheese</b> Roasties Carrots, Gravy  750833	<b>BBQ Drizzle Pizza</b> Wedges Peas  750850	<b>Cheesy Bean Wrap</b> Chips Baked Beans  522729
Jacket Potatoes	<b>Crispy Skin Jacket Potato</b>				
The Finale	<b>Watermelon Wedge</b>	<b>Chocolate Bricks</b>  750859	<b>Apple Crunch</b>  750735	<b>Strawberry Jelly</b>	<b>Custard</b>  751120

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